



The Dog Who Chased His Tail: Kids meditation story (Zen Stories - Tanzan and Ekido) (Volume 2)

Gregory March

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"Fun children's meditation book"

- South China Morning Post

Do you want a calmer child?

This kids' how to meditate story is designed to help your child focus and calm down using a simple meditation technique.

Read The Dog Who Chased His Tail with your child at bedtime or simply when they are overexcited.

Gregory March is a certified counsellor, who learnt meditation as a child and has been practicing it for over thirty years. He shares this tried and tested technique to help your child relax.

Follow this simple and fun story of how Ekido goes from chasing his tail to being calm, as his best friend Tanzan gently shares how to meditate.

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